

Name of Activity:	Food Groups and the Food Guide Pyramid
Purpose of Activity:	The purpose of this activity is to get kids to start thinking about the food and calories that they put in their bodies and how much work it takes to burn those excess calories.
Prerequisites:	To learn to read and understand food labels and decide in which part of the food guide pyramid selected food items belong.
Suggested Grade Level:	3-5
Materials Needed:	Large plastic tablecloth or tarp with the Food Guide Pyramid drawn on it; a large collection of food labels. A set of 170 Nutrition Facts Labels are available for download from the Team Nutrition <i>Power of Choice</i> curriculum located at http://www.fns.usda.gov/tn/Resources/POC_repros.pdf 1 cone and 1 hoop for each group of 3 students.



Description of Idea

Divide the class into teams of 3 students. Have teams gather next to a cone to mark their area. Each team then gets one hoop. Place the hoop next to each cone. Place as many food labels on the floor inside each hoop as there are members of each team. Position the Food Guide Pyramid mat on the floor at the other end of the work area.

On your signal, one student in each group takes one food label to the pyramid, reads the label, decides what food group that product belongs in, places it in the correct spot on the mat and returns to the next person in her group. The game continues until every group has placed all of their labels on the Food Guide Pyramid. After each student has had a turn, the whole class goes to the Food Guide mat to check to see if all of the labels were placed correctly. Discuss any mistakes that may have been made and why they may have been tricky labels. Then grab a handful of new labels and play again.

Variations:

It is also fun for the students to use different locomotor movements each time you play (for example, skip to the pyramid and gallop back).